

PSY4440: Addiction, CRN: 25362. MWF 8-8:50am, McDonald 106

Welcome! In this course, we will study evidence-based approaches to addiction treatment. Addictions are very treatable, and many addiction treatment specialists gain great satisfaction from their work (Miller, Forcehimes, & Zweben, 2011). When someone is recovering from addiction, every aspect of their life can significantly and noticeably improve. It can be quite fulfilling to be involved in the process of helping someone find their way toward healthier living.

So, let's go! Enjoy the journey, the work, the conflict, the fun, and the fruits of your labors.

Questions about the course? Click the syllabus tab on the left. The course outline, grading information, and course objectives are found in the syllabus.

Questions about assignments? Click assignments.

Questions about what we will cover week by week? Click modules.

ALWAYS feel free to email me (vcarlson@dixie.edu) or drop by my office (McD 223) with questions/comments/ideas/ or just to say howdy.

Miller, W. R., Forcehimes, A. A. & Zweben, A. (2011). *Treating addiction: A guide for professionals*. New York, NY: The Guilford Press.

[Click here for final exam schedule](#) (Scroll down to the finals table).

Prerequisites: PSY 3460 or 3400; AND Psychology major or Integrated Studies Emphasis in Psychology major; Psy3710 recommended.

Instructor: Valerie Wilstead Carlson. *Office Hours:* McD223 TR 11:45-1pm, MW 1-2pm or by appointment. *Email:* vcarlson@dixie.edu *Office Phone:* (435) 879-4293

PSY 4400 will be taught in an instructor-led discussion format for senior-level undergraduates. You are expected to attend class and participate. Students are expected to come prepared and willing to discuss the assigned readings.

Required Textbooks:

1. Miller, W. R., Forcehimes, A. A., & Zweben, A. (2011). [Treating addiction: A guide for professionals](#). New York, NY: The Guilford Press.
2. Miller, W. R., & Rollnick, S. (2013). [Motivational interviewing: Helping people change](#) (3rd ed.). New York, NY: The Guilford Press.

On Reserve in the Library for your Perusal:

1. Brown, B. (2010). [The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are](#). Center City, MN: Hazelden.

2. Fiore, N. (2007). *Awaken your strongest self: Break free of stress, inner conflict, and self-sabotage*. New York, NY: McGraw Hill.
3. Kuhar, M. (2012). *The addicted brain: Why we abuse drugs, alcohol, and nicotine*. Upper Saddle River, NJ: Pearson Education.
4. Miller, W. R., & Carroll, K. M. (Eds.). (2006). *Rethinking substance abuse: What the science shows, and what we should do about it*. New York, NY: The Guilford Press.

Course Description from the Catalog: "Provides students with the opportunity to explore the many issues related to the various forms and processes of addiction, focusing on etiology, assessment, treatment, and legal issues with regard to addiction. Students will also have the opportunity to learn about social and community resources designed to aid recovery. Prerequisite: PSY 3400 or PSY 3460. SP (even years)"

Types of addictions (?) considered in this course include the following (Note: all of these will be considered within the context of the DSM IV-TR and DSM V):

- substance use (includes caffeine, nicotine, prescription medicines, and alcohol)
- "junk" food
- sex, infatuation
- pornography
- process addictions, e.g. internet use, shopping, gambling, stealing
- codependency

[Click here to see how this course fits in with overall Psychology Department objectives.](#)

[Click here for the Course Outline and the Course Objectives](#)  [AND here](#)

[Click here for Grading Criteria](#) 

[Click here for the Late Policy and the Plagiarism Policy](#)  [AND here](#)

[Click here for Attendance and Academic Conduct Information](#)  [AND here](#)

Date	Day	Details	
Jan 9	Wed	Activity One post due at 5pm	12am
Jan 11	Fri	Activity One: Would you....	due by 5pm
Jan 16	Wed	Plagiarism Activity Due in Class	8am to 9am
Jan 21	Mon	Paper 1	due by 5pm
Jan 23	Wed	Activity Two post due at 5pm	12am
Jan 25	Fri	Activity Two: Etiology -- which model matches your view?	due by 11pm
Jan 31	Thu	Exam One	due by 10pm
Feb 7	Thu	Activity Three post due 5pm	12am

Date	Day	Details	
Feb 8	Fri	Activity Three: The Promis questionnaire	due by 11pm
Feb 20	Wed	Paper 2	due by 5pm
Feb 28	Thu	Exam Two	due by 10pm
Mar 6	Wed	Activity Four post due 5pm	12am
Mar 8	Fri	Activity Four: Pharmacological Adjuncts	due by 11pm
Mar 20	Wed	Outline for Lit Review	due by 5pm
Mar 28	Thu	Activity Five: A Functional Analysis for You!	due by 8am
Apr 11	Thu	Exam Three	due by 10pm
Apr 18	Thu	Literature Review	due by 5pm
Apr 29	Mon	Final Exam	due by 7:30am

Course objectives include (for alignment with department objectives, see the psychology department web page for course alignment):

1. Critical evaluation of current research regarding the etiology of addiction
2. Critical evaluation of current screening and diagnostic tools
3. Critical evaluation of current evidence-based practices for addiction treatment
4. Familiarization with legal issues associated with addiction
5. Critical evaluation of current social and community resources for addiction prevention and treatment, with critical analysis of how these compare with evidence-based practices
6. Critical analysis of professional ethical issues associated with treatment of addiction

PSY 4400 tentative course schedule (may change as needed)				
<i>Date</i>	<i>Topic</i>	<i>COs</i>	<i>Preparation</i>	<i>Activities</i>
1/7	Syllabus, Overview, What is addiction?	3,6	T1, M1	
1/9	Who is the addict?	3,6	Sup 1	
1/11	Why treat addiction?	3,6	T1, Sup 2	Act 1 due
1/14	How are we preventing addiction?	3,6	T23, Sup 3	
1/16	Professional ethics	4,6	T22, Sup 4	Paper 1 due 1/21
1/18	Etiology – epigenetics	1	T2, Sup 5	
1/21	Etiology – impulse control disorders	1	T2, Sup 6	
1/23	Etiology -- models	1	T2, Sup 7	
1/25	Drug action	1	T3	Act 2 due
1/28	Drug action	1	T3	

1/30	Client-centered treatment	2,3,6	T4, Sup 8	Exam 1 1/30-1/31
2/1	Motivation for change	3	T10, M1-3	
2/4	Motivational interviewing	3	M4-5, Sup 10	
2/6	Screening	2	T5, M6, Sup 9	
2/8	Assessment	2	T5, M7-11	Act 3 due
2/11	Diagnosis	2	T5	
2/13	Detoxification	2	T6	
2/15	Evoking	3,6	M12-M14	Paper 2 due 2/20
2/20	Resistance	3,6	T16, M 15-18	
2/22	Project MATCH	3	Sup 12	
2/25	Matching treatment	3	T7, M19-20	
2/27	Strengthening coping skills	3	T12	Exam 2 2/27-2/28
3/1	Pharmacological Adjuncts	1,3,6	Sup 11	
3/4	Pharmacological Adjuncts	1,3,6	T15	
3/6	Co-occurring disorders	1,3	T18	
3/8	Case management	3,4,5	T8	Act 4 due
3/18	Evidence-based treatment	3	Sup 13, M23-26	
3/20	Brief interventions	3,5	T9	Outline due 3/20
3/22	CRT	3,4,5	T11, Sup 14	
3/25	ACT-based recovery	3,4,5	Sup 15	
3/27	Codependency issues	3	T13, Sup 16	
3/29	Involving the family	3	T13, Sup 17	Act 5 due
4/1	Support groups	3	T14, Sup 18	
4/3	Enhancing adherence	3	T17, M21-22	
4/5	Promoting maintenance	3	T19	
4/8	Maintenance in groups	3	T20	
4/10	Spirituality in addiction treatment	3	T21	Exam 3 4/10-4/12
4/12	Legal issues	4	Sup 19	
4/15	Legal issues	4	Sup 20	
4/17	Community support- What's available? Lit Rev due on Canvas Thurs 4/18 5pm	5	Sup 21	
4/19	Peer review – group discussions		Bring Lit Review Hard Copy	
4/22	Future directions in addiction treatment	1-6		
4/24	Review – Let's wrap it up	1-6	Review it all	
Final Exam:	Monday, April 29, 7:30-9:30am		Sleep!	

PSY4440 Addiction Grading Criteria

Note: Attendance and participation are expected. If you miss more than five classes, and/or you are chronically late, I reserve the right to bump your grade down, e.g. C to C-.

Your grade will be based on points earned in the following way:

1. **Exams.** You will be offered 3 exams (100 pts each) at the testing center during the semester (in addition to a final comprehensive exam given in class during finals week). Each exam (except the final exam) will be open for a two-day period at the testing center. *You will be expected to take the exam within that period. If you need to take the exam beforehand, let me know at least one week before.* Check your schedules now so that you know when you will be able to be at the testing center.
 - a. **Exam 1:** 1/30 – 1/31
 - b. **Exam 2:** 2/27 – 2/28
 - c. **Exam 3:** 4/10 – 4/11

2. **Activities.** I will assign you a total of 5 health-related activities (10 pts each) over the course of the semester. These activities are designed to bring the material to life and will take about 30 minutes each to complete.

3. **Papers.** You will also be assigned one literature review (5-6 pages, not counting title, abstract, and reference pages) and two brief papers (2-3 pages each, not counting title and references pages). These papers will be a way for you to investigate an addiction topic a little deeper. You will be required to submit these through turn-it-in.com in APA format.
 - a. **Brief paper 1:** due 1/21
 - b. **Brief paper 2:** due 2/20
 - c. **Lit review:** due 4/18

Therefore, you will have the following points possible. The final exam is comprehensive.

3 Exams, 100 pts each	300 points
3 Papers	
2 short, 50 pts each	100 points
1 lit review	100 points
5 Activities, 10 pts each	50 points
Final Exam, 100 points	100 points

Total: 650 points possible

The grading scale is typical: A: 93-100%, A-: 90-93%, B+: 87-89%, B: 83-86%, etc.